



Army Pregnancy/Postpartum Physical Training Program for Remote Soldiers



It's part of the job
of every soldier,
including a soldier
who has recently
delivered a baby, to
be fit, and if
necessary, ready to
deploy at a
moment's notice...

**Participate Consistently
in Physical Training...**

**...to maintain
fitness and meet
your physical
requirements
for READINESS
after delivery.**



**PREGNANCY/ POSTPARTUM
PHYSICAL TRAINING**
To learn more contact your local program at:



The Situation

- ◆ Personal responsibility for individual physical readiness
- ◆ Commander's responsibility for unit physical readiness
- ◆ Exercise supported by American College of Obstetricians and Gynecologists and academic studies
- ◆ Army now has a unit-wide PPPT Program with exercise guides
- ◆ Benefits to the Army, Commander, Soldier, and baby



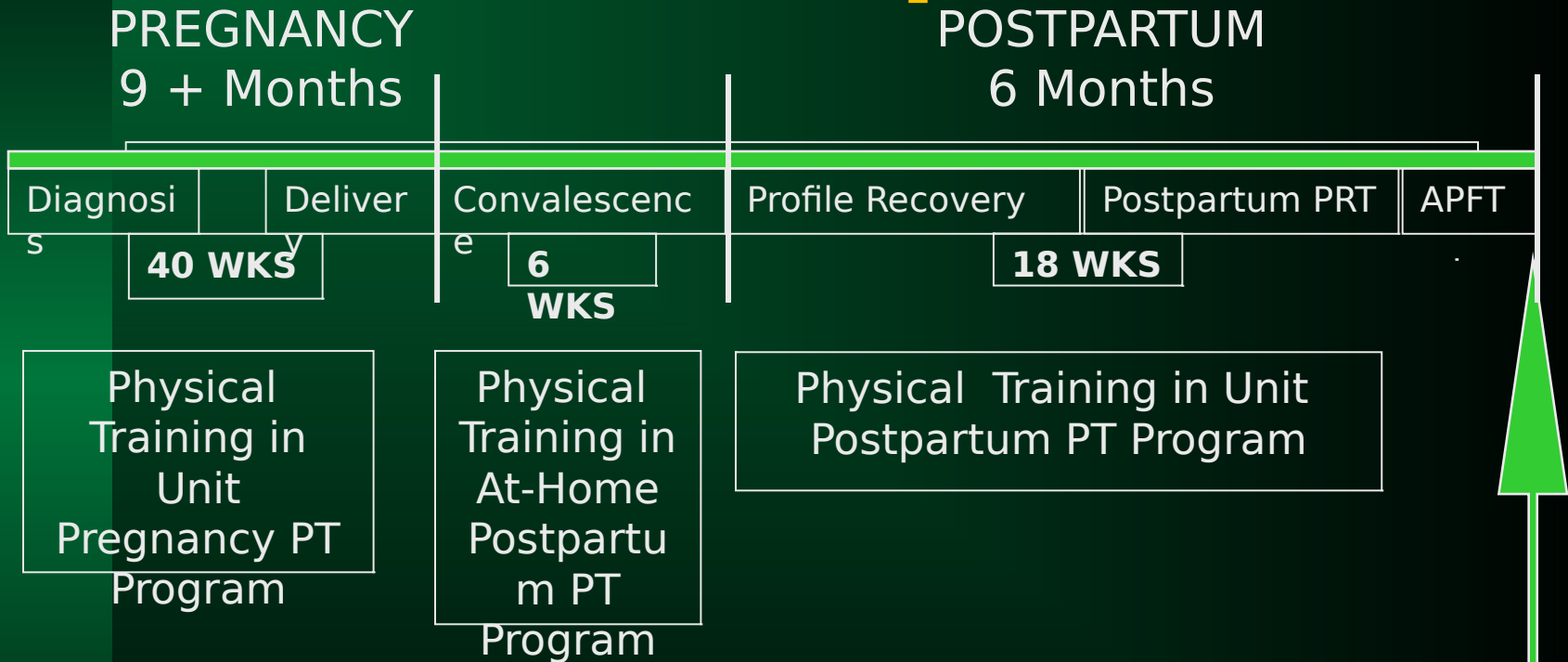


The Policy

- ▼ Mar 96 DA Policy Message recommended installation pregnancy PT programs
- ▼ AFAP Issue #532: “Need for Standardized Pregnancy Postpartum PT Programs”
- ▼ AR 40-501, paragraph 7- 9 and 7-10, 14 Dec 2007
The pregnancy profile section now makes enrollment and participation mandatory after a positive diagnosis of pregnancy and HCP clearance to participate is given.
- ▼ PPPT ALARACT 168/2008
Delineates responsibilities for PPPT Program implementation
- ▼ AR 350-1
Update in progress that reflects ALARACT language



The Training Concept



Regular unit PT activities begin at conclusion of 6-month recovery period as outlined in AR 350-1.



The Program Overview

- ◆ Less than 20 pregnant/postpartum Soldiers
- ◆ Mandatory place of duty with oversight by unit
 - Formation
 - Sign in roster at gym
- ◆ MTF will provide medical expert for consultation and provision of education presentations
- ◆ PT conducted 4-5x per week during unit PT time
- ◆ Pregnancy PT participation up to delivery at Soldier's pace and best ability
- ◆ At-Home Postpartum PT program during the 6-week convalescent leave
- ◆ Postpartum PT participation for up to six months following delivery



The Program Details

- ▼ Identify unit POC (program manager) to enroll Soldiers
 - Secure required documentation forms
 - Profile
 - HCP clearance memorandum
 - Soldier request memorandum for PPPT remote materials
 - Unit participation memorandum
 - Pregnancy Counseling by unit commander
 - Provide PPPT materials
- ▼ Unit POC ensures accountability and tracks outcomes
- ▼ Coordinate with Medical Treatment Facility
 - Counseling and Profile
 - PPPT Remote Soldier Orientation
 - Education presentations



The Program Materials

The Remote Soldier PPPT Workbook (on CD-ROM) and a video set (on DVD) are available upon request. These materials can only be released by the unit to the Soldier after she has received a pregnancy profile and clearance to exercise from her healthcare provider.

Unit will order materials from USACHPPM PPPT SME

- ♦ DVD set (1 per Soldier)
- ♦ Physical fitness training workbook*
- ♦ At-home postpartum physical training resources*

CHPPM website:

<http://chppm-www.apgea.army.mil/dhnpw/Readme>



The PPPT Sessions

Exercise

- ♦ Centering
- ♦ Strength/ Endurance
- ♦ Flexibility
- ♦ Special exercises for pregnancy
- ♦ Cardiovascular
- ♦ Stress Management
- ♦ Core strength/ calisthenics for postpartum



Education

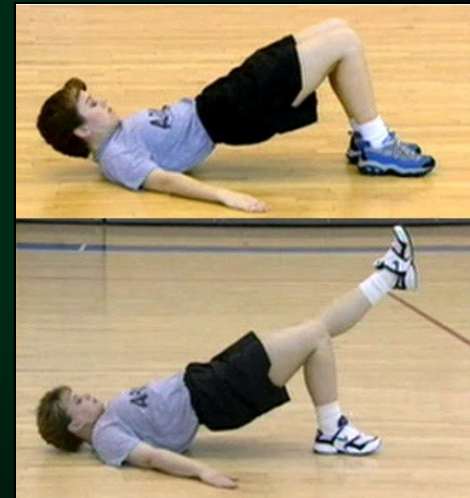
Curriculum includes a variety of topics taught weekly by SMEs to provide awareness, knowledge, and skills training.



Conclusion

PPPT provides the resources and training necessary to allow the Soldier to maintain her operational readiness through pregnancy and postpartum.

Questions?



PPPT Specified Proponent POC
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Health Promotion and Wellness
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